Roasted Vegetables for lunch preps

Prep Time: 25 mins | Total Time: 25 mins | Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 1 medium zucchini, halved lengthwise
- 2 red, orange and/or yellow bell peppers, trimmed, halved and seeded
- 1 medium red onion, cut into 1-inch wedges
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper
- ¼ cup thinly sliced fresh basil

Directions

1. Preheat 400°
2. Mix zucchini, peppers and onion with oil and sprinkle with ¼ teaspoon salt.
3. Cook the vegetables, turning once or twice, until just tender and browning marks appear, 4 to 6 minutes per side.
4. When cool enough to handle, roughly chop the vegetables and toss together in a large bowl. You can add roasted chicken or broiled steak if desired and serve over rice.
5. Garnish each serving with basil and serve.

Nutrition Facts Calories 281 Total Fat 13g Saturated Fat 2g Cholesterol 66mg Sodium 369mg Total Carbohydrate 11g Dietary Fiber 3g Total Sugars 6g Protein 30g Vitamin C 125mg Calcium 84mg Iron 2mg Potassium 896mg

Notes: I used green beans instead of the zucchini because they were out and it was delicious, and I imagine you could sub in a bunch of different veggies, just watch the time (can be adjusted with size of veggie dice), and I subbed green onion for the red for lower pH slicing the white thinly and leaving the green in longer chunks.